

# D131 / D134

## ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

**weider®**

NN-1087

RECOMMENDED WEIGHT SET - 160LBS.

**WEIDER HEALTH AND FITNESS**

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

D131 (REDLINE)

## PARTS LIST

03-14-90

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C0265-D07
2	L-BRACKET	2	C6125-A22
3	MAIN FRAME	1	C0151-D01
4	FRONT SUPPORT	1	C0116-C14
5	LEG CURL	1	C0152-D01
6	WEIGHT PIN 13 3/4"	1	C0148-C15
7	BACKREST (RED VINYL)	1	C0302-D07
8	SEAT (RED VINYL)	1	C0303-D07
9	*LONG ANGLE IRON	2	C6229-D01
10	PAD BAR	2	C6136-C08
11	FOAM PAD	4	C0425-A05
12	BACKREST ADJ BAR	1	C6054-A06
13	RIGHT BUTTERFLY	1	C6156-C14
14	LEFT BUTTERFLY	1	C6158-C14
15	BUTTERFLY PAD BAR	2	C6157-C14
16	WEIGHT PIN 11"	2	C6230-D02
17	BUTTERFLY FOAM PAD	2	C0412-B18
	HARDWARE BAG	1	C5815-D07
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	4	HH-5015
B	5/16"-20 X 2 1/4" HEX HEAD BOLT	4	HH-5035
C	5/16"-20 LOCK NUT	8	HH-5021
D	@1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
E	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
F	3/8"-16 LOCK NUT	1	HH-5013
G	1/4"-20 1 3/4" MACHINE SCREW	2	HH-5255
H	1/4"-20 LOCK NUT	2	HH-5011
J	5/16"-20 X 1 3/4" HEX HEAD BOLT	3	HH-5240
K	5/16"-20 ACORN NUT	3	HH-5019
L	3/4" ROUND PLASTIC CAP	9	AA-8004
M	1" ROUND PLASTIC CAP	5	AA-8005
N	1" ROUND PLASTIC COVER CAP - 15	1	AA-8070
P	2" SQUARE PLASTIC CAP	2	AA-8002
R	1 1/2" SQUARE PLASTIC CAP	6	AA-8001
T	PLASTIC BUSHING	2	AA-8112
U	PLASTIC SLEEVE	2	AA-8091
V	STOPPER PIN	2	WW-7038
W	PECK DECK PIN	2	WW-7037
	UPRIGHT DECAL (REDLINE)	1	DE-4102
	INSTRUCTION MANUAL	1	CNN-1087
	EXERCISE CHART	1	NN-1080
	*PREASSEMBLED WITH BACKREST		
	@4 ASSEMBLED W/BACKREST 2 IN HARDWARE BAG		

D134 (EDGE)

## SUPPLEMENTAL PARTS LIST

7	BACKREST (BLACK VINYL)	1	C0393-D01
8	SEAT (BLACK VINYL)	1	C0394-D01
	UPRIGHT DECAL (EDGE)	1	DE-4109

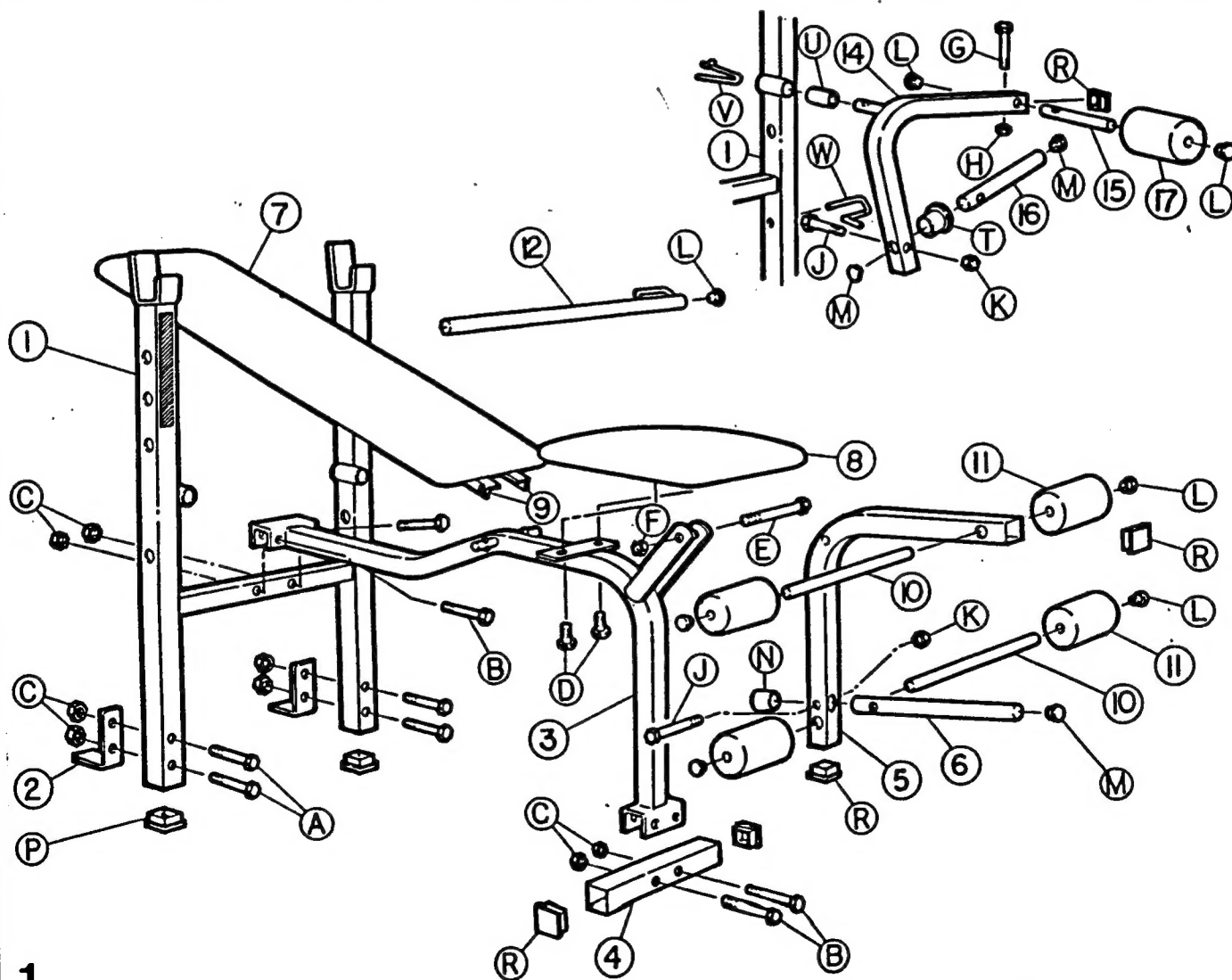
# TABLE OF CONTENTS

DIAGRAM	1
PARTS LIST	2
ASSEMBLY INSTRUCTIONS	3
STEP 1 FRAME ASSEMBLY	3
STEP 2 BACKREST PREPARATION	3
STEP 3 ATTACHING SEAT & BACKREST	4
STEP 4 ATTACHING LEG CURL	4
STEP 5 ATTACHING BUTTERFLIES	5
REPAIR PARTS & SERVICE	5

## CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

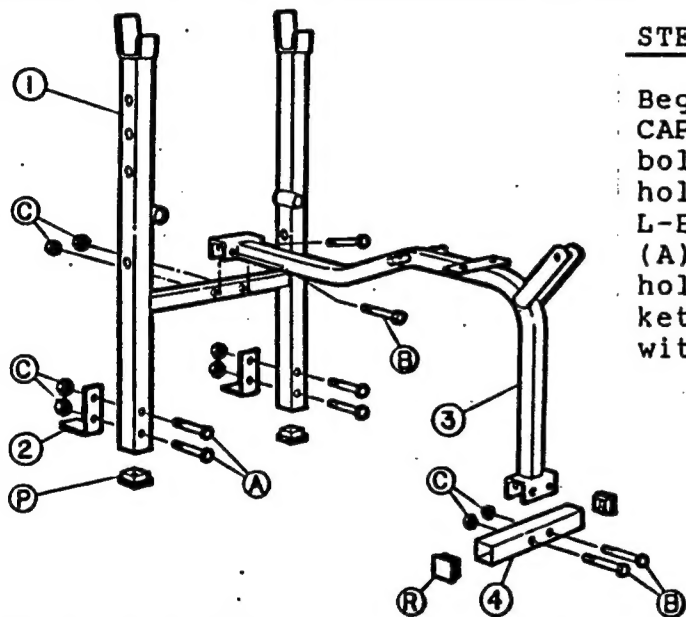


## IMPORTANT NOTICE

### BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

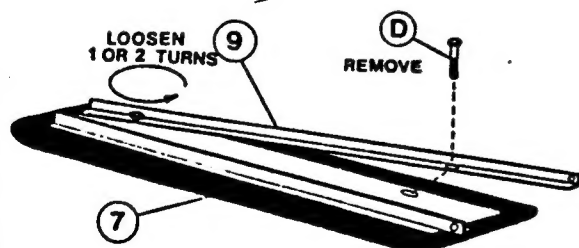
1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES.  
LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER AND TWO 6" ADJUSTABLE WRENCHES.

### STEP 1 - FRAME ASSEMBLY



Begin by inserting 2 SQUARE PLASTIC CAPS (P) into UPRIGHT (1). Align bolt holes on L-BRACKET (2) with bolt holes on UPRIGHT (1). Secure each L-BRACKET (2) WITH 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (C). Align bolt holes on MAIN FRAME (3) front u-bracket and FRONT SUPPORT (4). Secure with 2 HEX HEAD BOLTS (B) and 2 LOCK NUTS (C). Lower rear u-bracket of MAIN FRAME (3) onto crossmember of UPRIGHT (1) aligning bolt holes. Secure with 2 HEX HEAD BOLTS (B) and 2 LOCK NUTS (C). Insert 2 SQUARE PLASTIC CAPS (R) into FRONT SUPPORT (4). Tighten all bolts.

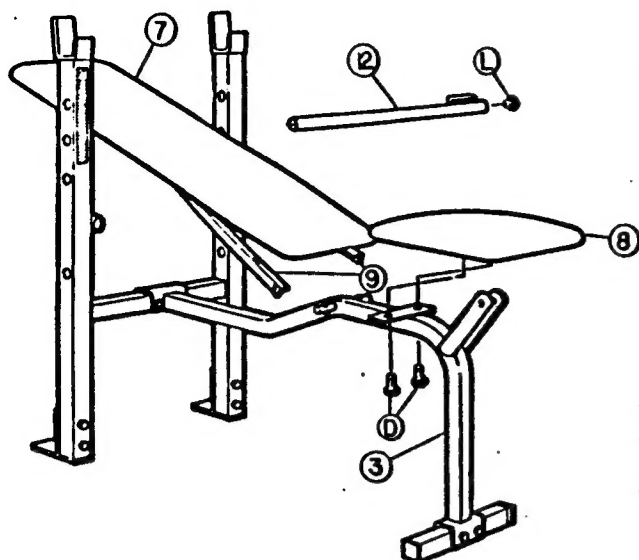
### STEP 2 - BACKREST PREPARATION



Note: The lower or attachment end of the BACKREST (7) can be identified quickly by the LONG ANGLE IRONS (9). The LONG ANGLE IRONS (9) will be extended approximately two inches beyond the BACKREST (7).

Turn BACKREST (7) over to expose work area. Both LONG ANGLE IRONS (9) have been fastened to BACKREST (7) for shipment. One LONG ANGLE IRON (9) must be loosened in order to assemble BACKREST (7) to Main Frame Pivot Rod. The lower MACHINE SCREW (D) must be removed while the upper MACHINE SCREW (D) is only loosened. The LONG ANGLE IRON (9) can now swing free from the lower end of BACKREST (7).

### STEP 3 - ATTACHING BACKREST & SEAT



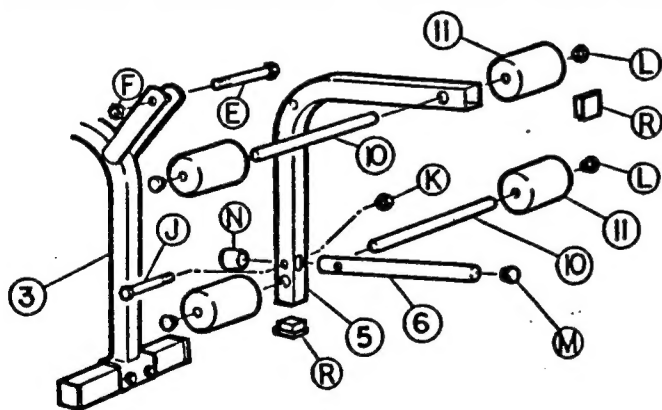
**BACKREST:** Insert ROUND PLASTIC CAP (L) into end of BACKREST BAR (12) and slide bar through one of the hole patterns in the UPRIGHT (1). With LONG ANGLE IRON (9) free, lower BACKREST (7) to Main Frame Pivot Rod. Slide the secured LONG ANGLE IRON (9) onto one side of Pivot Rod. Swing the free LONG ANGLE IRON (9) back to its original position and onto the opposite end of the Main Frame Pivot Rod. See Detail A. Replace MACHINE SCREW (D) that was removed in Step 2 and tighten all machine screws.

**SEAT:** With SEAT (8) right-side up, lower to seat brackets on MAIN FRAME (3). Align bolt holes and fasten with 2 MACHINE SCREWS (D).

**DECAL:** Remove backing from decal; align decal on upright and apply it in the position indicated by the diagonal striped area in the illustration.

## TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

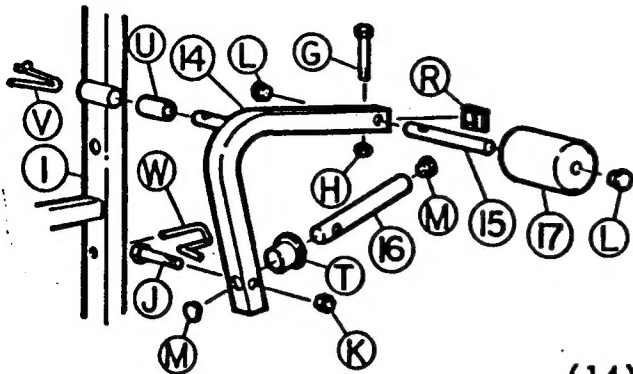


### STEP 4 - LEG CURL

First, slide WEIGHT PIN (6) thru angled holes on the front of LEG CURL (5). Align bolt holes and secure with HEX HEAD BOLT (J) and ACORN NUT (K). Place COVER CAP - 15 (N) over rear extended portion of WEIGHT PIN (6). Insert ROUND PLASTIC CAP (M) into end of WEIGHT PIN (6). Insert SQUARE

PLASTIC CAP (R) into ends of LEG CURL (5). Position LEG CURL (5) between leg curl brackets on MAIN FRAME (3). Secure with HEX HEAD BOLT (E) and LOCK NUT (F). DO NOT OVER TIGHTEN! Repeat the following instructions until all remaining leg curl parts are in place. First, slide PAD BAR (10) thru proper hole in LEG CURL (5) until equal amounts of bar are on both sides. (To help with the following step, a small amount of liquid detergent should be applied to both ends of PAD BAR (10). This acts as a lubricant in assembling FOAM PADS (11) and also acts as an adhesive after it has dried). Slide FOAM PAD (11) onto each end of PAD BAR (10). Insert ROUND PLASTIC CAPS (L) into each end of PAD BAR (10).





#### STEP 5 - BUTTERFLY ATTACHMENT

There are two butterfly attachments with this unit: a RIGHT BUTTERFLY (13) and a LEFT BUTTERFLY (14). Instructions are given for one and are repeated to assemble the other.

First, slide BUTTERFLY PAD BAR (15) thru the large hole in the end of the Butterfly aligning the bolt holes. Secure with MACHINE SCREW (G) and LOCK NUT (H). Insert ROUND PLASTIC CAPS (L) into BUTTERFLY PAD BAR (15). Slide FOAM PAD (17) over BUTTERFLY PAD BAR (15). Assemble WEIGHT PIN (16) into angled hole on front of Butterfly Frame. Align bolt holes and secure with HEX HEAD BOLT (J) and LOCK NUT (K). Insert ROUND PLASTIC CAPS (M) into both ends of WEIGHT PIN (16). Slide PLASTIC BUSHING (T) over WEIGHT PIN (16) until it is against the Butterfly Frame. Assemble PECK DECK PIN (W) into small lower hole on side of UPRIGHT (1). This pin is used as a stop for the Butterfly Attachment. Slide PLASTIC SLEEVE (U) over welded Butterfly Tube. Slide entire assembly into welded tube bracket on UPRIGHT (1). Insert STOPPER PIN (V) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (V) that has a raised section is aligned with the hole in the welded Butterfly Tube. Push STOPPER PIN (V) into welded Butterfly Tube until it clicks into place as the raised section exits the hole. Assemble SQUARE PLASTIC CAP (R) into end of Butterfly Frame.

### REPAIR PARTS AND SERVICE

#### IMPORTANT

\*BEFORE CALLING THE 800 NUMBER\*

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN YOUR WARRANTY CARD

### CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:  
MODEL NO.                      NAME OF PART                      ORDERING NUMBER